

Activity Schedule Pull-Out



June-August 2011

*Something
For
Everyone!*





Summer Schedule

SWIMMING LESSONS GUIDELINES

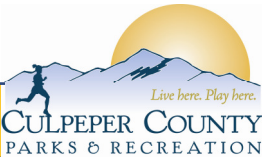
Held at Culpeper Recreation Club, 13163 Recreation Road, Culpeper (off Lovers Lane)

- Children not toilet-trained must wear swim diapers.
- Students may need to attend several sessions of lessons before progressing to the next level.
- If a student enrolls in a lesson that is too advanced for his/her skills, CCPRD staff will make every effort to accommodate the student by placing him/her in the appropriate level. However, if the appropriate level is not available during the same dates, the registration fee will be refunded or the student may register for the appropriate level offered during a later session. The student will not be allowed to participate in a level that is too advanced for his/her skills.
- Only registered participants are allowed in the pool during swim lessons. Parents & siblings will be required to wait outside of the pool area during the lesson.

Level	Ages	Class Length	# of Classes	Cost	Pre-requisite	Skills Taught
Mommy & Me 1	6–18 months	30 min.	8	\$80	Parents must get in the water.	Proper supports & holds, water safety, basic skills, games to encourage participation.
Mommy & Me 2	18–36 months	30 min.	8	\$80	Parents must get in the water.	Building on Level I skills and adding on more advanced skills.
Preschool I	3-5 years	30 min.	8	\$80	Must be able to leave parent willingly and follow directions.	Water adjustment, safety, entry, floating and breathing introduced.
Preschool II	3-5 years	30 min.	8	\$80	Able to submerge face, blow bubbles, front glide and float on front & back.	Back float and recovery, locomotion skills, arm & leg action on front & back.
Preschool III	3-5 years	30 min	8	\$80	Able to swim 3 body lengths with arm & leg action, float on front & back 5 sec. with recovery.	Using guided practice, effectively coordinate combined simultaneous and alternating arm & leg action.
Level I	6-17 years	45 min.	8	\$90	Must be able to participate in a group and follow directions.	Water exploration and safety skills. Entry, floating and breathing introduced.
Level II	6-17 years	45 min.	8	\$90	Able to travel 5 yards, submerge face 3 times, front glide, roll to back and float 3 seconds.	Achieve success with fundamental skills. Float without support, locomotion skills and alternating arm & leg action.
Level III	6-17 years	45 min.	8	\$90	Able to swim 5 body lengths using combined arms & legs, front and back float 15 seconds.	Survival float, elementary backstroke, coordinate front crawl. Intro to scissor & dolphin kick. Fundamentals of treading.
Level IV	6-17 years	45 min.	8	\$90	Able to swim 15 yards front crawl with rotary breathing, tread water and swim elementary backstroke 15 yards.	Develop confidence in strokes, increase endurance in front crawl & elementary back stroke. Build on scissor & dolphin kick adding arms for sidestroke and butterfly.
Adult Level 1	18+	45 min.	8	\$90	For the adult that is fearful of water	Water exploration and safety skills. Entry, floating and breathing introduced.
Adult Level 2	18+	45 min.	8	\$90	For the adult that is able to submerge their face in water.	Achieve success with fundamental skills. Float without support, locomotion skills and alternating arm & leg action.

Registration is EASY!!! see page 25 - 26

Summer Schedule



Level	time	Dates	Days	Make up Day	Code #
Adult - Level 1	7:00a-7:45a	8/8-8/18	Mon-Thurs	Fri	3622.0001
Adult - Level 2	8:05p-8:50p	7/12-8/30	Tue	Wed	3622.0002
Adult - Level 2	7:00a-7:45a	7/9-8/27	Sat	Sun	3622.0003
Adult - Level 2	7:00a-7:45a	8/8-8/18	Mon-Thurs	Fri	3622.0004
Level 1	7:35p-8:20p	6/6-8/1*	Mon	Mon	3622.0005
Level 1	7:35p-8:20p	7/12-8/30	Tue	Wed	3622.0006
Level 1	7:50a-8:35a	7/25-8/4	Mon-Thurs	Fri	3622.0007
Level 1	8:40a-9:25a	7/25-8/4	Mon-Thurs	Fri	3622.0008
Level 1	8:40a-9:25a	7/25-8/4	Mon-Thurs	Fri	3622.0009
Level 1	8:40a-9:25a	7/9-8/27	Sat	Sun	3622.0010
Level 1	8:40a-9:25a	7/9-8/27	Sat	Sun	3622.0011
Level 1	8:40a-9:25a	8/8-8/18	Mon-Thurs	Fri	3622.0012
Level 1	9:30a-10:00a	8/8-8/18	Mon-Thurs	Fri	3622.0013
Level 2	8:05p-8:50p	6/6-8/1*	Mon	Mon	3622.0014
Level 2	7:50a-8:35a	7/25-8/4	Mon-Thurs	Fri	3622.0015
Level 2	7:50a-8:35a	7/9-8/27	Sat	Sun	3622.0016
Level 2	7:50a-8:35a	8/8-8/18	Mon-Thurs	Fri	3622.0017
Level 2	8:40a-9:25a	8/8-8/18	Mon-Thurs	Fri	3622.0018
Level 3	7:00a-7:45a	7/25-8/4	Mon-Thurs	Fri	3622.0019
Level 3	7:00a-7:45a	7/9-8/27	Sat	Sun	3622.0020
Level 3	7:50a-8:35a	8/8-8/18	Mon-Thurs	Fri	3622.0021
Level 4	7:00a-7:45a	7/25-8/4	Mon-Thurs	Fri	3622.0022
Level 4	7:50a-8:35a	7/9-8/27	Sat	Sun	3622.0023
Mommy & Me 1	7:00p-7:30p	6/6-8/1*	Mon	Mon	3622.0024
Mommy & Me 2	7:00p-7:30p	7/12-8/30	Tue	Wed	3622.0025
Mommy & Me 2	10:05a-10:35a	7/25-8/4	Mon-Thurs	Fri	3622.0026
Mommy & Me 2	10:05a-10:35a	7/9-8/27	Sat	Sun	3622.0027
Preschool 1	9:30a-10:00a	7/25-8/4	Mon-Thurs	Fri	3622.0028
Preschool 1	9:30a-10:00a	7/9-8/27	Sat	Sun	3622.0029
Preschool 1	10:05a-10:35a	8/8-8/18	Mon-Thurs	Fri	3622.0030
Preschool 2	9:30a-10:00a	7/25-8/4	Mon-Thurs	Fri	3622.0031
Preschool 2	9:30a-10:00a	7/9-8/27	Sat	Sun	3622.0032
Preschool 2	9:30a-10:00a	8/8-8/18	Mon-Thurs	Fri	3622.0033
Preschool 3	10:05a-10:35a	7/25-8/4	Mon-Thurs	Fri	3622.0034
Preschool 3	10:05a-10:35a	7/9-8/27	Sat	Sun	3622.0035
Preschool 3	10:05a-10:35a	8/8-8/18	Mon-Thurs	Fri	3622.0036

* no class 7/4

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www.CulpeperRecreation.com

155 West Davis Street, Suite 100
Culpeper, Virginia 22701
Phone: (540) 727-3412
Fax: (540) 727-2802



Summer Schedule

ARTS & CRAFTS



DRAWING & PAINTING

Ages 5-Adult, 4 wks

New!!! Available for Adults!!!

If you love art then this is the class for you! Students learn about the materials and tools, planning a painting, techniques, color basics and mixing of colors, and light and shadow using water colors and/or acrylics. Supply list available online or in the Parks & Recreation office.

Instructor: The Creative Side, Inc
Community Room, 303 N. Main

Ages 5-10	Th	5:15p-6:00p	\$65
6/2-6/23		<i>Register By:</i>	#3610.0489
6/30-7/21		<i>Register By:</i>	#3610.0488
7/28-8/18		<i>Register By:</i>	#3610.0487
8/25-9/15		<i>Register By:</i>	#3610.0486

Ages 11-adult	Th	6:15p-7:00p	\$65
6/2-6/23		<i>Register By:</i>	#3610.0482
6/30-7/21		<i>Register By:</i>	#3610.0483
7/28-8/18		<i>Register By:</i>	#3610.0484
8/25-9/15		<i>Register By:</i>	#3610.0485

HEALTH & FITNESS



MOVE LIGHTLY

Ages 18 & up,

Tap into your body's own innate wisdom and learn to move with more freedom and ease. With improved balance, awareness, and movement efficiency, we increase the pleasure and reduce the likelihood of injury in our activities.

Instructor: Carrie Heitsch

Location: TBA

Register By: 7/12 #3512.0700

Sa 9:00a-10:00a 7/23-8/13 \$35



SIT LIGHTLY

Ages 18 & up

This class is designed for the person who is wheelchair-bound or uncomfortable standing, but can also be useful to the office worker seeking ways to improve workplace comfort. With improved balance, awareness, and movement efficiency, we increase the pleasure and reduce the likelihood of injury in all our activities.

Instructor: Carrie Heitsch

Location: TBA

Register By: 7/6 #3512.0701

Tu 7/12-8/2 9:00a-10:00a \$35

PILATES

Ages 16+, 4 wks

Pilates is a great fun and easy way to get up off the sofa and into shape. This Pilates mat class integrates the entire body while working the abs and back and focusing on strength, flexibility and balance. Bring a mat, water bottle and thick towel.

Instructor: Denise Alexander

Community Room, 303 N. Main

W 11:20-12:20a \$35

7/13-8/3 *Register By:* 7/7 #3512.0665

8/24-9/14 *Register By:* 8/4 #3512.0667

VINYASA YOGA

Ages 16-adult, 4 wks

This fun class combines postures and poses into a movement based sequence. If you've tried yoga before and had difficulty holding the poses, then this is the class for you. Bring a mat, water bottle and thick towel.

Instructor: Denise Alexander

Community Room, 303 N. Main

M 1:00-2:00p \$35

7/11-8/1 *Register By:* 7/6 #3512.0661

8/8-8/29 *Register By:* 8/2 #3512.0660

W 9:00-10:00a \$35

7/13-8/3 *Register By:* 7/7 #3512.0663

8/24-9/14 *Register By:* 8/4 #3512.0664

ZUMBA



Come try the newest form of fun energetic exercise for all fitness levels. Date & times were not finalized as of printing deadline.

Visit www.CulpeperRecreation.com for details.

TOTAL BODY CONDITIONING

Ages 16-adult, 4 wks

For participants who want to add variety to their exercise program. Improve agility, balance and coordination, while increasing muscular endurance and strength. Light weights will be provided, but you can bring your own. Be sure to bring a mat, towel and water bottle.

Instructor: Denise Alexander

Community Room, 303 N. Main

M 2:10-3:10p \$35

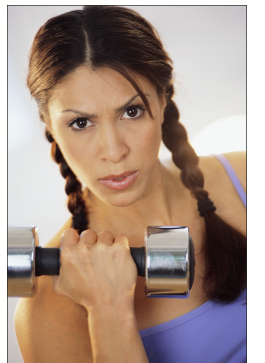
7/11-8/1 *Register By:* 7/6 #3512.0658

8/8-8/29 *Register By:* 8/2 #3512.0657

W 10:10-11:10a \$35

7/13-8/3 *Register By:* 7/7 #3512.0651

8/24-9/14 *Register By:* 8/4 #3512.0653



THEME PARK TICKETS

Culpeper County Parks & Recreation will again be selling Discounted Tickets to Kings Dominion and Busch Gardens.

For details on prices visit

www.CulpeperRecreation.com

or call 540-727-3412 ext 4

Registration is EASY!!!

see page 25 - 26

Summer Schedule



TAI CHI

Ages 16-adult, 4 wks

Tai Chi is a gentle, flowing, meditative-style of exercise that produces greater energy and ease for the body, mind and spirit. This wonderful, healthy exercise is appropriate for both men and women of any fitness level.

Instructor: Remi Godlewski

Community Room, 303 N. Main

W 3:30p-4:30p \$35

6/15-7/6 *Register By:* 6/9 #3512.0100

7/20-8/10 *Register By:* 7/14 #3512.0101

LEISURE LEARNING

BASIC TREE AND SHRUB IDENTIFICATION



Ages 12-Adult, 1day

You will be taught the skills of basic plant identification needed to identify some

of the common trees, shrubs, and even vines growing in the area.

Ages 12-15 must be accompanied by a registered (paid) adult.

Instructor: Ron Hughes, Naturalist

Spilman Park, 3543 Colvin Road

9:00a-11:30a \$25

Sa 7/9 *Register By:* 7/5 #3613.0104

Sa 8/13 *Register By:* 8/9 #3613.0105

Su 9/11 *Register By:* 9/6 #3613.0106



SAILING BASICS

All Ages, 2 days

Have you ever wanted to be the one controlling a sailboat? This two-part class will show you the basics. Life jackets will be available, but please bring your own if you have one. All ages are welcome to come; anyone under 18 must be accompanied by a registered adult.

Volunteer Coordinator: Bill & Sonja Marsh

\$45 *Register By:* 7/14 #2513.0021

Wed: The Depot; Sat: Mt. Run Lake

W 7/20 6:00p-9:00p; Sa 7/23 8:00a-4:00p

NATURE AT NIGHT



Ages 12-Adult, 1day

This class will open your eyes and ears to the night as you explore nature at its best...under the cloak of darkness. Enjoy a stroll through the countryside and experience the night as you never have before while you observe a multitude of sounds and sights. Be sure to dress appropriately for an evening outdoors. Don't forget your favorite insect repellent! Ages 12-15 must be accompanied by a registered (paid) adult.



Instructor: Ron Hughes, Naturalist

Lenn Park, 18063 Stevensburg Road

8:30p-10:30p \$25

Th 7/21 *Register By:* 7/15 #3613.0107

Th 8/18 *Register By:* 8/12 #3613.0108



SHORT SALES & FORECLOSURES

Ages 18 & up,

Are you Upside Down on your home? Mortgage going to adjust to what you can't afford? Behind on your mortgage payments? Confused about what to do? Don't Go into Foreclosure. Stacey Holmes, Certified Distressed Property Expert will educate you about SHORT SALES. The process and documents needed, Tax Ramifications, how does this affect your credit and when can you purchase a home in the future.

Location: TBA

\$5 *Register By:* 6/15; 6/21

Tu 6/21 6:30p-8:30p #3613.0001

Sa 6/25 9:30a-11:30a #3613.0002

HOW TO BUY YOUR FIRST HOUSE



Why are you still Renting? Realtor Stacey Holmes and Lender Tamara Doggett will educate you on what it takes to purchase your First Home. So you don't have money to put down, not sure about your credit. Let us handle it and tell you what you are able to do. The Lending requirements are changing daily. Don't wait yourself out of the market.

Location: TBA

\$10 *Register By:* 6/23; 7/5

W 6/29 6:30p-8:30p #3613.0003

Sa 7/9 9:30a-11:30a #3613.0004

PAWS & HOOFS

S.T.A.R. PUPPY KINDERGARTEN

Ages: Puppies 3-12 months; 7 wks

Now that you've got that adorable bundle of fur, let's get started on the ABC's of puppy training using positive reinforcement. This class incorporates the AKC's S.T.A.R. Puppy program. (more class details are online).

Instructor: Betty Ann Howell

\$95

Register By: 6/22

Tu 6/28-8/9 10:00-11:00a #3614.0654

Community Room, 303 N. Main

Tu 6/28-8/9 6:00-7:00p #3614.0001

17065 Wayland Road, Culpeper



DOG OBEDIENCE DISCOUNTS

- Seniors - 55 & up - 10% discount

- Adopted Dogs - 20% discount - must provide copy of adoption contract (discount available in person only)

* Only one discount per dog per family.



Summer Schedule

BEGINNING MANNERS I

Ages: Dogs 5 months & up, 7 wks
Bring Fido out to this class where he/she will learn basic commands and enjoy socializing with other dogs. Any dog, whether they're 5 months or 5 years, can attend.
Instructor: Margot French
Community Room, 303 N. Main
Register By: 6/24 #3614.0656
Th 6/30-8/11 6:00p-7:00p \$95



CANINE GOOD CITIZEN

Ages: Dogs 6 months & up; 7 wks
Prerequisite: Must have taken a dog obedience class previously or placement by instructor.
For the dog that already has a solid foundation of the basic commands (sit, stay, down & come), this class will help your dog become a "Canine Good Citizen." The CGC is also a first step in pet therapy.
Instructor: Margot French
Community Room, 303 N. Main
Register By: 6/24 #3614.0002
Th 6/30-8/11 7:15p-8:15p \$95

WALKERS, WHEELCHAIRS, AND CANES, OH MY!

Dogs ages 6 months & up, 7 wks
Prerequisite: Dogs should have a reliable Sit, Stay, Down, and Come.
For those of you interested in Pet Therapy, this class will cover the requirements of the Therapy Dogs International, Inc (TDI) therapy dog test. First class will be held at the Community Room. Remaining class dates may be held at various locations in the community depending on weather. No class 7/2.
Instructor: Betty Ann Howell
Community Room, 303 N. Main
Register By: 6/21 #3614.0390
Sa 6/25-8/13 11:00a-12:00n \$95

JUST FOR FUN: AGILITY, TRACKING, OBEDIENCE & RALLY

Dogs Ages 6 months & up, 7 wks
Prerequisite: Dogs should have a reliable Sit, Stay, Down, and Come.
Another offering in our "Just for Fun" series. Come out and try Fluffy's paw at Agility, Scent Tracking, Obedience, and Rally. This is a great introduction to many dog sports that can help strengthen the bond with your dog. So bring Fluffy out and let's have some fun!!
Instructor: Betty Ann Howell
17065 Wayland Road, Culpeper
Register By: 6/24 #3614.0581
Th 6/30-8/11 6:00p-7:00p \$95



ALL HORSEBACK RIDING LESSONS:

All participants must wear hard sole shoes with a heel. Helmets will be provided and are required.

PONY RIDING I

Ages 4-6, 6 wks
Students will learn basic position and commands. Emphasis is on building confidence and skills on horseback at the walk. Students will learn to walk, halt, and steer. Adult must lead horse & child around riding ring while child receives instruction. You get to pick 6 Saturdays from the dates listed below to attend class.
Instructor: Ironwood Farm Staff
10291 Homeland Rd, Rixeyville
Register By: 6/14
Sa 6/18-9/10 \$104
9:30-10:00a #3614.0400
10:15-10:45a #3614.0401



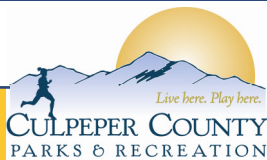
PONY RIDING II

Ages 4-6, 6 wks
Prerequisite: *Pony Riding I at Ironwood Farm*
Emphasis is on refining skills on horseback at the walk and trot. Adult must lead horse & child around riding ring while child receives instruction. You get to pick 6 Saturdays from the dates listed below to attend class.
Instructor: Ironwood Farm Staff
10291 Homeland Rd, Rixeyville
Register By: 6/14 #3614.0402
Sa 6/18-9/10 11:00a-11:30p \$104

Registration is EASY!!!

see page 25 - 26

Summer Schedule



BEGINNING HORSEBACK RIDING

Ages 7-adult, 6 wks
Students will learn to ride a horse independently at the walk and begin to trot, also to post and ride in 2-point position. Basic position and commands will be emphasized through fun drills and games on horseback. You get to pick 6 Saturdays from the dates listed below to attend class.
Instructor: Ironwood Farm Staff
10291 Homeland Rd, Rixeyville
Register By: 6/14
Sa 6/18-9/10 \$140
Ages 7-12 1:00-1:45p #3614.0403
Ages 13-adult 2:00-2:45p #3614.0404

PRESCHOOL

TODDLER TUMBLING

Ages 1-2.5, 4 wks
Ready, Set, TUMBLE!!! This class lets your toddler freely explore the fun of gymnastics and develop social awareness. Adult participation is required. If siblings must attend, they must be supervised by another adult during class.
Instructor: Holly's Tumbling Fun
Community Room, 303 N. Main
\$50 *Register By:* 4 business days prior to class

M	7/11-8/1	9:30a-10:05a	#3615.0010
W	6/15-7/6	1:15p-1:50p	#3615.0011
W	8/24-9/14	1:15p-1:50p	#3615.0012
Th	6/16-7/7	9:30a-10:05a	#3615.0013
Th	8/25-9/15	9:30a-10:05a	#3615.0014
F	6/17-7/8	4:30p-5:05p	#3615.0015
F	8/26-9/16	10:30a-11:05a	#3615.0016
Sa	6/18-7/16	12:45p-1:20p	#3615.0017
Sa	7/23-8/13	12:45p-1:20p	#3615.0018
Sa	8/27-9/17	12:45p-1:20p	#3615.0019

PRESCHOOL TUMBLING

Ages 3-4 yrs, 4 wks
For the preschooler that loves to roll, flip and tumble everywhere. Your preschooler will discover basic tumbling and gymnastic activities that blend skill progressions with a fun atmosphere. Children need to be able to separate from parent.
Instructor: Holly's Tumbling Fun
Community Room, 303 N. Main
\$55 *Register By:* 4 business days prior to class
M 7/11-8/1 10:30a-11:10a #3615.0020
W 6/15-7/6 2:00p-2:40p #3615.0021
W 8/24-9/14 2:00p-2:40p #3615.0022
Th 6/16-7/7 10:15a-10:55a #3615.0023
Th 8/25-9/15 10:15a-10:55a #3615.0024
F 6/17-7/8 10:30a-11:10a #3615.0025
F 6/17-7/8 1:30p-2:10p #3615.0026
F 7/15-8/5 5:30p-6:10p #3615.0027
F 8/26-9/16 4:30p-5:10p #3615.0028
Sa 7/23-8/13 1:30p-2:10p #3615.0029
Sa 8/27-9/17 1:30p-2:10p #3615.0030



BEGINNING TUMBLING

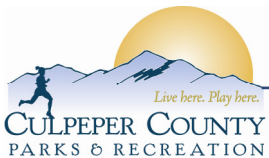
Ages 4 yrs, 4 wks
Calling all growing gymnasts! Your 4-year-old will discover basic skills on the beam, floor, bars, and springboard. Children need to be able to separate from parent/adult.
Instructor: Holly's Tumbling Fun
Community Room, 303 N. Main
\$55 *Register By:* 4 business days prior to class
M 7/11-8/1 11:30a-12:10p #3615.0031
Th 6/16-7/7 11:30a-12:10p #3615.0032
Th 8/25-9/15 11:30a-12:10p #3615.0033
F 6/17-7/8 2:30p-3:10p #3615.0034
F 7/15-8/5 10:30a-11:10a #3615.0035
F 7/15-8/5 11:30a-12:10p #3615.0036
F 8/26-9/16 11:20a-12:00p #3615.0037



INTRO TO GYMNASTICS

Ages 4-5 yrs, 4 wks
Your future gymnast will explore fundamental gymnastic positions and be introduced to the balance beam, floor, springboard and bars, while discovering the basic progressions of each event. Children need to be able to separate from parent.
Instructor: Holly's Tumbling Fun
Community Room, 303 N. Main
\$55 *Register By:* 4 business days prior to class
F 6/17-7/8 5:15p-6:10p #3615.0038
F 7/15-8/5 12:30p-1:10p #3615.0039
F 7/15-8/5 4:30p-5:10p #3615.0040
F 8/26-9/16 12:30p-1:10p #3516.0041
F 8/26-9/16 5:30p-6:10p #3615.0042
Sa 6/18-7/16 1:30p-2:10p #3615.0043

Gymnastics Camps available on page 23 & 24



Summer Schedule

SENIORS

INTERESTED IN BECOMING A SILVER CLUB MEMBER?

The Club meets every Wednesday from 10:00am – 2:00pm

Location: Culpeper County Library Meeting Room

Fee: \$9 per year

Ages: 55 & up (Must be a Culpeper Resident)

Volunteer Coordinators: Marshall Conner & Jack Maher

Join us for Culpeper County Parks and Recreation's largest and most entertaining program. Every Wednesday join fellow active adults and senior citizens at a weekly meeting. Enjoy a covered-dish lunch and participate in activities like bingo, speakers, trips, holiday parties, crafts and other projects.

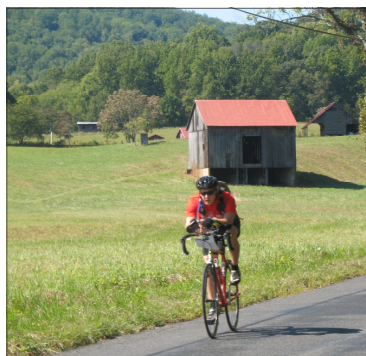
THEME PARK TICKETS

Culpeper County Parks & Recreation will again be selling Discounted Tickets to Kings Dominion and Busch Gardens.

For details on prices visit www.CulpeperRecreation.com or call 540-727-3412 ext 4

SPECIAL EVENTS

CULPEPER CYCLING CENTURY



Come on out for the 4th Annual Culpeper Cycling Century (CCC) on Saturday, October 1st! You can choose between 33 miles, 65 miles, or the ultimate challenge - 100

miles of countryside roads. Register by 9/11 to get a t-shirt.

NEW!!! Lunch will be provided for the 65 & 100 mile rider by Subway – Southgate Shopping Center. Also, stay and enjoy an After Event Social from 2-5pm. For more details: www.CulpeperCyclingCentury.com

Start & Finish at The Bike Stop,
120 W. Culpeper Street,
Sa 10/1 8:30am

33 mile \$35

65 mile \$45 (lunch included)

100 mile \$45 (lunch included)

(after 9/11 add \$10 to fee)

KIDS' NIGHT OUT

Ages 2-11 yrs

Enjoy a night on the town while your kids enjoy one too! Drop off your children for a fun-filled night of crafts, music, and games. A family film (G rated) will be shown from 7:00 to 8:30 pm. Dinner will be a juice box or water, cheese pizza, popcorn or pretzels, chicken nuggets, and a vegetable/fruit cup.

Instructor: Wormack Productions & Creations
Community Room, 303 N. Main St

Register by: Wed before class.

Sa 6:00-8:30p \$13 per child

6/25 #2615.0620 8/6 #2615.0621

SPORTS



LITTLE TIGERS OF SHOTOKAN

Ages 6-11yrs, 4 wks

This class is appropriate for students ages 6 - 11 years old. The Little Tigers will not only develop a solid foundation of karate basics, but also learn and practice self-control, self-discipline, and respect.

Instructor: Remi Godlewski

Community Room, 303 N. Main

W 4:45p-5:45p \$35

6/15-7/6 Register By: 6/9 #3519.0001

7/20-8/10 Register By: 7/14 #3519.0002

SHOTOKAN KARATE

Ages 12yrs-adult, 4 wks

Students learn the basics of karate with emphasis on safe methods of practice. The class not only teaches blocking, kicking, forms, and self-defense, but also discipline, self-control, and positive character development. Karate exercises and drills work and increase strength, coordination, balance, agility, and cardio-pulmonary function.

Instructor: Remi Godlewski

Community Room, 303 N. Main

W 6:00p-7:00p \$35

6/15-7/6 Register By: 6/9 #3519.0003

7/20-8/10 Register By: 7/14 #3519.0004

KICKBOXING

Ages 18 yrs - Adult, 4 wks

Do you need to work off the stress from commuting and the job? We'll concentrate on learning and perfecting the kicks and punches, while putting the moves together for a great aerobic workout. No class 7/4

Instructor: Remi Godlewski

Community Room, 303 N. Main

W 7:10-8:10p \$35

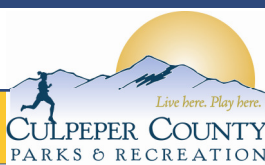
6/15-7/6 Register By: 6/9 #3519.0005

7/20-8/10 Register By: 7/14 #3519.0006

Registration is EASY!!!

see page 25 - 26

Summer Schedule



SUMMER CAMPS

**TEDDY TROT AND DOLLY DERBY
PRESCHOOL MINI CAMP**

Ages 3-5 yrs, 4 days
Bring your favorite dolls and stuffed animal friends each day for tea party fun! Your child will practice basic etiquette and safety through crafts, music, interactive stories, and fun games. Students must be potty-trained & separate easily.
Instructor: Wormack Productions & Creations
Location: Public School (TBA)
Register by: 6/17 #3820.0010
M-TH 6/27-6/30 9:30a-1:00p \$99

**ACTION ADVENTURE ANIMATOR MINI
CAMP**

Ages 6-13 yrs, 4 days
Explore your creativity and learn cartooning techniques and different genres! Students will be introduced to computer technology animation.
Instructor: Wormack Productions & Creations
Location: Public School (TBA)
Register by: 7/29 #3820.0012
M-TH 8/8 - 8/11 9:30a-1:00p \$99

FASHION FUN CAMP FOR GIRLS

Ages 6-13 yrs, 5 days
Campers will learn age appropriate hair, nail, and beauty techniques, make their own beauty products, and learn about photography. Friday is a Field Trip (7/1 - Munroe Park; 8/12- Movie Theater / Yowell Meadow Park).
Instructor: Wormack Productions & Creations
Location: Public School (TBA)
M-F 9:30a-3:00p \$99
Behind the Beauty
6/27 - 7/1 #3820.0014 Register by: 6/17
Sensational 70's
8/8 - 8/12 #3820.0015 Register by: 7/29

ROBOTICS CAMP

Ages 6-13 yrs, 5 days
Young scientists will build robots using 4 different robotic platforms to study and do experiments about environmental and earth science. Friday is a Field Trip (7/1 - Munroe Park; 8/12- Movie Theater / Yowell Meadow Park).
Instructor: Wormack Productions & Creations
Location: Public School (TBA)
M-F 9:30a-3:00p \$99
Rocks 'N Robots
6/27 - 7/1 Register By: 6/17 #3820.0016
Monster Machines
8/8 - 8/12 Register By: 7/29 #3820.0017

ART & SCIENCE CAMP AFTER CARE

Ages 6-13 yrs, 5 days
Need a little extra time in the afternoon? Activities include family friendly films and game time.
Instructor: Wormack Productions & Creations
Location: Public School (TBA)
M-F 3:00p-4:30p \$65
6/27 - 7/1 #3820.0020 Register by: 6/17
8/8 - 8/12 #3820.0021 Register by: 7/29

TEDDY TROT PRESCHOOL FIELD TRIP

Ages 3-5 yrs, 1 day
Campers will go for an exciting field trip adventure all day to Munroe Park's Gold Mining Museum in Goldvein.
Register By: 6/17 #3820.0011
F 7/1 9:30a-3:00p \$30

ACTION ADVENTURE FIELD TRIP

Ages 6-13 yrs, 1 day
Campers will go for a field trip adventure all day to the Movie Theater in Culpeper & Yowell Meadow Park.
Register By: 6/17 #3820.0013
F 8/12 9:30a-3:00p \$30

NEW! **GYMNASTICS MINI-CAMP**

Ages 5-12, 1wk
Students will receive instruction on all gymnastics apparatus including tumbling, trampoline, bars, beam and vaulting. Students will be exposed to basic conditioning and flexibility. Instructor will accommodate all skill levels. Students should bring a snack and drink if desired (water fountain on site).
Instructor: Woods Gymnastics
13409 Beverly Ford Rd, Elkwood
M-F 9:00a-12:00n \$90
6/20-6/24 Register By: 6/10 #3820.0031
6/27-7/1 Register By: 6/17 #3820.0032
7/11-7/15 Register By: 7/1 #3820.0033
7/18-7/22 Register By: 7/8 #3820.0034
7/25-7/29 Register By: 7/15 #3820.0035
8/1-8/5 Register By: 7/22 #3820.0036
8/8-8/12 Register By: 7/29 #3820.0037
8/15-8/19 Register By: 8/5 #3820.0038

Want a full day??? Sign up for BOTH Gymnastics Mini Camp morning & Dance Mini Camp on the same week for a FULL DAY of fun. AND SAVE \$30!!!! Simply bring a bag lunch and 2 snacks.

NEW! **DANCE MINI-CAMP**

Ages 5-12, 1wk
Students will receive instruction in a variety of dance styles throughout the week. Dance styles may include modern, lyrical, jazz, ballroom, hip hop, ballet, tap, and belly dance. Students should bring a snack and drink if desired (water fountain on site).
Instructor: Woods Gymnastics
13409 Beverly Ford Rd, Elkwood
M-F 1:00p-4:00p \$90
6/20-6/24 Register By: 6/10 #3820.0039
6/27-7/1 Register By: 6/17 #3820.0040
7/11-7/15 Register By: 7/1 #3820.0041
7/18-7/22 Register By: 7/8 #3820.0042
7/25-7/29 Register By: 7/15 #3820.0043
8/1-8/5 Register By: 7/22 #3820.0044
8/8-8/12 Register By: 7/29 #3820.0045
8/15-8/19 Register By: 8/5 #3820.0046



From the Director’s Desk...



GYMNASTICS FUN CAMP

Ages 4-6 yrs,
Does your little one love to roll, flip, summersault, and swing on everything? Your child will discover basic gymnastics skills and positions and have lots of fun with activities related to gymnastics. Each child will receive a certificate at the end of camp along with a medal! Bring a snack and a water bottle.
Instructor: Holly’s Tumbling Fun
Community Room, 303 N. Main
M-F 9:00a-12:00n \$99
8/8-8/12 #3820.0050 Register By: 7/29
8/15-8/19 #3820.0051 Register By: 8/5

JUNIOR COUNSELOR IN TRAINING CAMP



Ages 14-17 yrs.
Gain valuable work experience while sharing your talents and skills. Choose science, fashion (girls only), or cartooning camp!
Junior counselors in training (JCITs) develop leadership skills while mentoring younger students in classroom setting under the supervision of adult instructors.
Attendance at the Junior Counselor in Training Workshop is required.
Instructor: Wormack Productions & Creations
Location: Public School (TBA)
M-F 9:30a–3:00p \$4.00
6/27 – 7/1 #3820.0018 Register by: 6/17
8/8 – 8/12 #3820.0019 Register by: 7/29

JUNIOR COUNSELOR IN TRAINING WORKSHOP

Ages 14 to 17 yrs.
Instructor: Wormack Productions & Creations
Community Room, 303 N. Main
Sa 4:00a–5:30p \$3.00
6/25 #3820.0022 Register by: 6/17
8/6 #3820.0023 Register by: 7/29

JOIN THE CULPEPER RUN CLUB FOR A HEALTHIER YOU

The Culpeper Run Club is a group of fun and friendly individuals that meet on Saturday mornings at 8:00 a.m. to run, jog and walk with the goal of offering a welcoming environment for becoming a healthier, fitter you. It is a great way to meet others and stay motivated in a casual atmosphere. All ability levels are represented and welcomed.

Don’t wait to come out and join the Club until you think you’re fit enough, start now and let’s get fit together. It really is a lot of FUN!

For more information on the Culpeper Run Club or to get a list of the Club’s latest runs and walks, email Coach Vivian at triarenas@gmail.com.

THE LEISURE TIMES REC. GUIDE

Below is a listing of non-profit recreational groups based in Culpeper County. These are not operated by the Parks and Recreation Department.
For questions, contact the person listed.

YOUTH SPORTS:

Culpeper Football Association -
Chris Settle - 540-222-8060
Culpeper Youth Basketball -
Greg Ward - 540-547-9188
Culpeper Youth Baseball -
Dennis Kaczor - 540-825-9234
Rappahannock Culpeper Baseball -
Amy Hitt - 540-937-7900
Culpeper Lacrosse Association Foundation -
Lusby Blackwell - 540-825-2993
Culpeper Soccer Association –
www.culpepersoccer.net
Culpeper Wrestling Federation
Mark Hamilton - 540-547-2696
Team Cobra Youth Wrestling
Eddie Jenkins - 540-937-3751

ADULT SPORTS:

Adult Soccer
www.culpepersoccer.net
Adult Co-Ed Softball
Robbie Patton - 540-825-9706
Culpeper Women’s Flag Football
www.cwffl.org/

COMMUNITY:

Culpeper Model Barnstormers (RC airplanes)
Nic Burhans - npb6218@earthlink.net
Blue Ridge Chorale of Culpeper -
www.brcsings.com
Culpeper Blue Angels All-Star Cheer & Dance
Kym Majors - 540-727-2087
Culpeper Carousel (batons)
Kim Bonner - 540-829-6444
Culpeper Football Assoc. Cheerleaders
Chris Settle - 540-222-8060
Culpeper Run Club
Vivian Arenas triarenas@gmail.com

To have your non-profit recreation-related organization listed, please email Tabitha Riley at Parks@CulpeperCounty.gov. Not all sub-missions will be listed.



Registration Form

First Time Registering?
Please complete the ActiveNet Customer Account Form along with this registration form.

Now Accepted!!!
Visa
MasterCard
American Express

One household per registration form please. Photocopies of form are acceptable.

Account Main Contact Name: _____ Home Phone: (____) _____

Participant Name	Birth date	Activity Name	#	Date(s)	Time	Fee
Jane Doe	8/ 1 /1991	Sample Class	1610.0005	3/2-3/30/09	6-8p	\$5.00
	/ /					\$
	/ /					\$
	/ /					\$
	/ /					\$
	/ /					\$
Total (Pay this amount)						\$

Media Release: ☐ Yes ☐ No **Initial**_____ I understand that I may be photographed and/or videotaped while participating in this activity. I agree to allow Culpeper County Parks & Recreation Department to use said photographs and/or videotapes in Department publications, media campaigns, educational and/or safety purposes, but not for any profit-making activity. I further waive any remuneration for publishing and/or printing such photographs of me. I understand that by affixing my signature on this form that I attest to having read, fully understand and agree to the conditions as set forth above.

Assumption of Risk and Release: In agreeing to participate in the program, as an adult participant or as a parent or a guardian of a participant, I and/or the participant do hereby affirm that the general health of the participant is good, and that the participant is not adversely affected by exercise, and that the participant is capable of performing an activity of this nature.

In consideration of participating in this activity, I and/or the participant do hereby assume all risk of any injury to the participant and will indemnify and hold harmless, from any and all liability, action, cause of action, claims, and demands of every kind or nature whatsoever that I and/or the participant have or which arise from or in connection with my participation in this activity, the County of Culpeper, Virginia, the County Board of Supervisors, the Culpeper County Department of Parks and Recreation, the Culpeper County School Board, the Town of Culpeper, and all their officers, agents, employees, staff, volunteers and successors.

It is likewise assumed and agreed that the participant will, at his own expense, wear the proper clothing and protective equipment during the activity, and that it is the responsibility of the participant or parent or guardian to make sure the criteria are met. I grant my permission to the county or its agents to transport the participant to and from an event or activity when required and hold harmless those assigned to transport. I also agree to allow transportation of the participant to the nearest physician or hospital for medical treatment and agree to allow for immediate first aid to the injured participant, if and when deemed necessary.

Participant Signature (7yrs & older) _____ Parent / Guardian Signature (if participant 17 or younger) _____ Date _____

Customer Use - Payment Method

Check Payment Method: o Check Enclosed \$ _____ # _____ o Cash (Walk-in only)

o Credit Card: oVisa oMastercard oAmerican Express

Number: _____ / _____ / _____ Exp. Date ____/____

Signature: _____

I agree to pay the above total amount according to card issuer agreement

Culpeper County Parks and Recreation, 155 W. Davis St., Suite 100 Culpeper, Virginia 22701
Phone: (540) 727-3412, Fax: (540) 727-2802 Website: www.CulpeperRecreation.com

ActiveNet Customer Account Form

Main contact must be at least 18 years old.
PRINT CLEARLY

Main Contact Client #1 (must be adult)

Name (First)_____ (Last)_____

Birth Date ____/____/____

Sex: ☐ M ☐ F

Street Address _____

City/State _____

Zip _____

Allergies: _____

Home Phone (____) _____

Work Phone (____) _____

Cell Phone (____) _____

E-mail address: _____

(required for confirmations & online registration)

Emergency Contact

Name: _____

Relationship: _____

Phone: (____) _____

Client #2

Name (First)_____ (Last)_____

Birth Date ____/____/____

Sex: ☐ M ☐ F

Allergies: _____

Same Address as Customer #1? ☐ Y ☐ N

Client #3

Name (First)_____ (Last)_____

Birth Date ____/____/____

Sex: ☐ M ☐ F

Allergies: _____

Same Address as Customer #1? ☐ Y ☐ N

Client #4

Name (First)_____ (Last)_____

Birth Date ____/____/____

Sex: ☐ M ☐ F

Allergies: _____

Same Address as Customer #1? ☐ Y ☐ N

If address is different from Main Contact, or more than 4 family members, please include an additional sheet of paper with correct information.

5 EASY WAYS TO REGISTER!



By Phone

- Once you set up your ActiveNet customer account, call 540-727-3412 and select either extension 4 or 5. Payment must be made by credit card to register over the phone. ActiveNet customer accounts can also be set up via phone.



By Fax

- Once you set up your ActiveNet customer account, simply complete the registration form and payment information (credit cards only) and fax to 540-727-2802.



Online

- Go to www.CulpeperRecreation.com, then click "Programs & Online Registration." Set up your ActiveNet customer account, and you can register from the convenience of your home or anywhere you have internet access.



Walk-In

- Registration will be accepted at the Parks and Recreation Office, at 155 W. Davis St. Suite 100 from 8:00 a.m. to 4:30 p.m., Monday through Friday (except holidays).
Cash /Check/ Credit Card



By Mail

- Set up your ActiveNet Account online or include the set up form on page 24 with a completed registration form and payment,
- Mail to **155 W. Davis Street, Suite 100, Culpeper, Virginia 22701.**
- Confirmations are done via email. Otherwise, please include a self-addressed, stamped envelope, if **you require** a confirmation.

Registration Information

ActiveNet

- ActiveNet is the new recreation software the Department has obtained to process registrations, provide online registration, and accept credit card payments.
- To begin using this system each household must have an account set up in order to register for any Department activities. Please complete the "ActiveNet Customer Account Form" on page 25 and fax or mail it to the Department. You can also set up your account online. This form only has to be completed once.
- Registrations cannot be processed until the "ActiveNet Customer Account Form" has been received and processed by the Department, or you have set up your account online.

Registrations:

- **Online registration begins on Friday, May 27. All other registration methods will begin on Tuesday, May 31, 2011.**
- Full payment must accompany registration in the form of credit card, cash, checks, or money order payable to Culpeper County Parks and Recreation.
- Registrations are accepted on a first-come, first-served basis. Anyone can participate regardless of County of residence.

Register By:

- The register by date is when the Department has to have the minimum number of registrations to offer the activity. If the minimum is met by this date, registrations will continue to be accepted, unless otherwise stated, until the activity is full. However, if minimum is not met by this date, the activity will not be held.

Adjustments

- Department staff has made every effort to prepare this section of the *Culpeper Minutes* as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Department reserves the right to make any necessary adjustments. The staff apologizes for any inconvenience these errors or adjustments may cause.

Refunds:

- If a participant needs to withdraw from a program, a full refund will be issued if the Parks and Recreation Department has been notified before the start of the second class.
- If a participant withdraws from a program after the start of the second class, then a pro-rated refund, less a \$3 processing fee, will be issued.
- Refunds for one-day activities and all bus/van trips will be given in full, prior to the registration deadline. After the registration deadline, refunds less a \$3 processing fee, are **only given** if a substitute(s) is found and that substitute(s) registers with the Department before the activity/trip date.
- A refund check is mailed to the address on file and it may take up to 45 days to be received.

Cancellation Policies:

- The Parks and Recreation Department reserves the right to cancel activities for any reason. Refunds are given for any canceled programs.
- The Parks and Recreation Department programs will be canceled when Culpeper County Public Schools cancel or close early, for inclement weather, natural disasters or other occurrences.
- Please listen to the following radio stations for closing announcements: 92.5 FM, 95.9 FM, 103.1 FM, 104.5 FM, & 107.7 FM, visit www.cancellations.com or call our office at 540-727-3412 and select option 1.

Contact US!

540-727-3412

www.CulpeperRecreation.com

Parks@CulpeperCounty.gov